

Miller Community Center

WINTER 2006 ♦ Programs

Program Dates: January 9 – March 26 (unless otherwise noted) ❄ Register Now!



**SEATTLE PARKS
AND RECREATION**

330 19th Ave E
(E Thomas & 19th)
Seattle, WA 98112
206-684-4753 ❄ Fax: 206-684-4397

Visit us on the web:
www.seattle.gov/parks/centers/miller.htm

Miller Community Center

330 19th Avenue E
Seattle, WA 98112
Phone: 206-684-4753 Fax 206-684-4397
Visit us online at www.seattle.gov/parks!

Hours of operation

Monday, Wednesday, & Friday	1 to 9 p.m.
Tuesday & Thursday	10 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Noon to 5 p.m.

Program registration

Begins Monday, December 12

Program dates

January 9 to March 26 (unless otherwise noted)

Holiday closures

Monday, January 2, New Year's Day Observed
Monday, January 16, Dr. Martin Luther King Jr. Day
Monday, February 20, Presidents' Day

Metro Bus Routes

Routes 8, 12, and 43 stop at 19th Ave E & E Thomas St (1 block north).
Route 48 stops on 23rd Ave (4 blocks west).

Directions

Miller Community Center is located on Capitol Hill next to Miller Playfield and Meany Middle School (four blocks east of Group Health Central Hospital/Urgent Care).

South on I-5:

Take the WA-520 exit. From WA-520, take the Montlake exit, go to the light, and turn right. Drive approximately 1½ miles to the top of the hill where the street becomes 23rd Avenue. Turn right on John Street, go up the hill to the four-way stop at 19th Avenue East, and turn right.

North on I-5:

Take the Madison Street exit. Go past the Dearborn and James Street exits onto the Madison Street exit. Turn right on Madison Street and drive east approximately 1½ miles to 19th Avenue. Turn left and drive to the four-way stoplight at Thomas Street. Continue north on 19th Avenue East for ½ mile.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation Operations Director
Robert Stowers, Central East Recreation Manager

Professional Staff

Gina Saxby- Coordinator
Traci Grant- (out of class) Asst Coordinator
Zebedee Hill - Recreation Attendant
Robert Verdecias - Maintenance Laborer
Audrey Weaver- Recreation Attendant
Jerry Grantton- Maintenance Laborer
Nikkita Vinson - (out of class) TDL
Mychael Garrett-Small - After School Director
Ebony Nelson-Nevers - After School Asst

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Our Brochure Information is Also Available Online!

Did you know you can access our brochure in two different formats? You can visit our web site at www.seattle.gov/parks/centers/miller.htm and download a pdf (Free Adobe Reader required) that you can print, or you can explore our new **searchable** brochure at www2.seattle.gov/parks/brochure. Type in some keywords and find classes that are custom suited to you!

Toddlers

Mighty Mites Toddler Indoor Playground **\$1 drop-in/child**

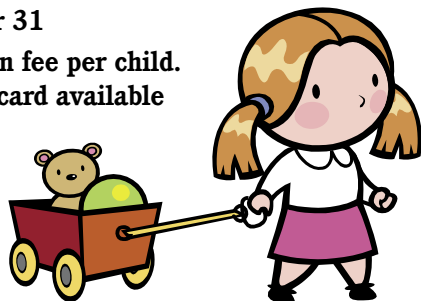
For those rainy Seattle winter days we offer a play group for children ages 6 months to 5 years. Come and meet other parents with toddlers and infants and make new friends. Punch cards are available. This activity is parent supervised and set up.

Age: 6 months to 5 years old

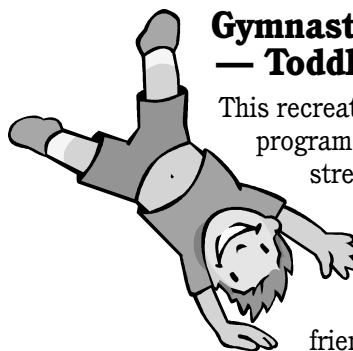
Tue/Thu 10 a.m. – Noon
Jan 4 – Mar 31

Fees: \$1 drop-in fee per child.
10-visit punch card available for \$10.

Location:
Gym



Gymnastics — Toddlers **\$50***



This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats,

vaulting horse, spring board, balance beam and a single bar.

Age: 4 to 6

Tuesdays 4 – 4:45 p.m. Feb 7 – Mar 28

***Fee does not include \$35 annual insurance fee**

School-Age Child Care

After School Care Program **\$230/mth**

The after school program is theme-based. Each month's activities are planned to include art, music, dance, sports, science, swimming, environmental stewardship, cooking, and field trips. An important emphasis for the program is tutoring and homework help. Each day will challenge the mind and body with creative programming. Seattle Public Schools will transport children on a school bus upon request. Parents must contact school transportation at 206-252-0900. Maximum 30 youth. DSHS clients are welcome to apply. For all other scholarship information, please contact Miller Community Center staff.

Explanation of Fees: The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). Price excludes all holidays, scheduled days off, and vacations.

Instructor: Mychael Garrett-Small

Age: Kindergarten to 5th Grade

Mon – Fri 3 – 6 p.m. Sep 7 – Jun 18, 2006

Location: Multipurpose Room

Mid-Winter Break Camp **\$135**

Need a safe and friendly place for your child to attend camp during spring break? Our day camp will offer arts and crafts, games, sports, swimming, and cooking. DSHS clients are welcome to apply. For all other scholarship information, please contact Miller staff. **Second child discount — \$5**

Age: Kindergarten to 5th Grade

Tue, Feb 21 – Fri, Dec 24 7 a.m. – 6 p.m.
No camp Mon, Feb 20 (Presidents' Day)

Location: Multipurpose Room



Youth/Teen Programs

Gymnastics – Youth Beginners \$65*

This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vaulting horse, spring board, balance beam and a single bar.

Instructor: Sandra Khan

Age: 6 & Up

Tuesdays 5 – 6 p.m. Feb 7 – Mar 28

Winter classes will begin in February per instructor's request.

*Fee does not include \$35 annual insurance fee

Location: Miller Annex



Youth Karate

\$75

Enter the Cobra Kenpo!

For youth willing to learn and demonstrate courage and discipline through physical fitness and discipline. Uniform is a black gi and white belt to start. Purchase uniform through instructor (not included in class fee). Class minimum is 5 students.

Class is combined with the adult karate class.

Age: 8 to 16

Mon/Fri 6 – 7:30 p.m. Feb 10 – Mar 31

No class Mon, Feb 20 (Presidents' Day)

Location: Multipurpose Room #2

Gymnastics – Youth Intermediate \$70*

Instructor approval required. This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vaulting horse, spring board, balance beam and a single bar.

Instructor: Sandra Khan

Age: 6 & up

Tuesdays 6 – 7:30 p.m. Feb 7 – Mar 28

Winter classes will begin in February per instructor's request.

*Fee does not include \$35 annual insurance fee

Location: Miller Annex Gym



Youth/Teen Programs



Kickboxing for Youth/Adults \$55

Come learn the basics of kickboxing, while also toning your body. Participants will learn self defense tactics for various situations. Kickboxing will improve balance, coordination, timing and cardiovascular system.

Age: 8 to Adults

Tuesdays 6:30 – 7:30 p.m. Jan 10 – Mar 27

Location: Multipurpose Room #1

African Dance for Youth/Adults \$45

African dance is a powerful art form which requires movements of the whole body. This will be a strong cardio workout. Come and get in shape while listening to inspiring African music. This is a great way to improve your rhythm, timing, balance, stamina, and endurance.

Age: 12 & Up

Saturdays Noon – 1 p.m. Jan 7 – Mar 25

Location: Multipurpose Room #1



Guitar Lessons \$65

Private guitar lessons for the beginning students. Students will learn to read music, study chord shape and scales, and learn simple songs to play and sing. All styles welcome, but specializing in classical, folk, and blues. 1/2-hour to one-hour lessons offered. Students need guitars and music books to work from.

Fridays 4 – 8 p.m. Jan 13 – Mar 31



Miller Teen Program

Miller Teen Program

The Miller Teen Program is dedicated to educating and motivating teens to develop leadership and courage through integrated developmental assets. These assets include education opportunities, special events, life skills workshops, Teen Council, job readiness, group games, field trips, and much more.

All Teen Program participants must have a Parent/Guardian Authorization form and Participant Behavior Contract signed by teen, parent or guardian, and Teen Development Leader.

Most programs are free. Others have a fee depending on the activity.

Miller Teen Advisory Council

Now Recruiting! If you have fundraising ideas, like planning special events, would like to learn about service learning hours, or just want to show off your leadership skills, you are invited to join our meetings. Registration is required. **For more information, please contact Teen Development Leader Traci Grant or Teen Council President Imani Sin-Chang.**

Instructor: Traci Grant

Age: 11 to 17

Second and Fourth Thursdays

4 – 5 p.m.

Location: Small Multipurpose Room

Coyote Central Dessert Cooking Class

\$175*

Desserts! Desserts! Desserts! A professional pastry chef invites you into a huge kitchen to produce scrumptious desserts that are worthy of fine menus in fancy restaurants. Think of all the sweets and baked goods you can make, from baked Alaska, chocolate truffles, luscious cakes, tortes, and pies right on to fancy pastries. Of course, you'll learn to decorate and present them like pros, too. **To Register for this class, please call: (206) 323-7276.**

***Class fee does not include \$35 lab fee.**

Age: Middle-school-age youth

Saturdays 10:30 a.m. – 1:30 p.m. Jan 27 – Apr 1

Location: Kitchen



Adult Programs

Hatha Flow Yoga

\$65

Yoga that liberates the natural energy of your body. Learn breathing exercises, stretching, Asana flow series and work, body alignment, and the opening of joints in a guided flow that is gentle and relaxing.

Instructor: Lindsay Brown

Age: Adults

Tue/Thu 5 – 6:30 p.m. Jan 10 – Mar 30

Location: Multipurpose Room #2

Restorative Yoga (Multiple Sclerosis Society)

Gently stretch out your muscles and gain strength and flexibility. This class is sponsored by the National Multiple Sclerosis Society and is FREE to all clients of M.S. Society. **To register for this class, please contact Kate Higgins at 1-800-344-4867 ext. 223**

Instructor: Molly Kenny

Thursdays 10 a.m. – 11 p.m. Jan 19 – Feb 23

Location: Multi #1

Chair-robics Class

Free

This class brings an exciting twist to exercise, using sitting in chairs to begin exercising and build strength.

Instructor: Nancy H.P (206) 299-1619

Tuesdays 1:30 – 2:30 p.m. Jan 9 – Mar 28

Location: Multipurpose Room #2

Baby Boot Camp **\$184/16 wks**

Designed for moms of any fitness level. This mixed-level class combines strength-training exercises with cardiovascular drills, abdominal exercises, mat Pilates, and yoga. Moms must be at least 6 weeks postpartum to participate. An all-purpose stroller is recommended.

Instructor: Jacquelyn Morris

Tue/Thu 10 – 11 a.m. Jan 3 – Feb 23

Location: Miller Annex

Kickboxing for Youth/Adults **\$55**

Come learn the basics of kickboxing, while also toning your body. Participants will learn self defense tactics for various situations. Kickboxing will improve balance, coordination, timing and cardiovascular system.

Age: 8 to Adults

Tuesdays 6:30 – 7:30 p.m. Jan 10 – Mar 27

Location: Multipurpose Room #1

Adult Karate **\$75**

Enter the Cobra Kenpo!

For adults willing to learn and demonstrate courage and discipline through physical fitness and discipline. Uniform is a black gi and white belt to start. Purchase uniform through instructor (not included in class fee). Class minimum is 5 students. Class is combined with the youth karate class.

Age: Adult

Mon/Fri 6 – 7:30 p.m. Feb 10 – Mar 31

No class Mon, Feb 20 (Presidents' Day)

Location: Multipurpose Room #2

Hawkeye Jeet Kune Do

An integrated personal defense system will be taught to interested individuals in a friendly, intensive environment. Physical skills will be drilled to achieve competency, and supervised sparring will be utilized to progressively integrate those skills into an aware, responsible attitude of self defense.

Instructor: Eric Copernhaver & Sean Khan

Age: 18 to 55

Wed 12:30 – 2:30 p.m. Jan 11 – Apr 2

Sat 11 a.m. – 2 p.m. Jan 11 – Apr 2

**Location: Wednesday class meets in Miller Gym/
Saturday class meets in Miller Annex Small Gym**

Adults



Adult Watercolor Classes **\$75**

Wear an apron. A class supply list will be available at the front desk for students to purchase their class supplies.

Instructor: Barbara Britts

Age: 18 & Up

Beginning Watercolor

Instruction in fundamental watercolor technique with introduction of materials. Emphasis will be on increasing control of the media and compositional elements. Various exercises will be introduced to develop color, light, texture, and shape awareness. Most classes will be concerned with still life set up in the classroom. **Beginning classes are taught on Tuesdays.**

Advanced Watercolor

Emphasis on creative exploration of color, shapes and composition in the watercolor medium. Most classes will offer a variety of still life materials. **Advanced classes are taught on Thursdays.**

Session I

Tue/Thu 1 – 3 p.m. Jan 10 – Feb 14

Session II

Tue/Thu 1 – 3 p.m. Feb 21 – Mar 30

Location: Multipurpose Room #2

Adult Drop-in Sports Fee

The City of Seattle charges an Adult Sport Drop-in Fee during all operating hours. The fee is **\$2 per session for adults (ages 18 to 64)** and **\$1 per session for seniors (ages 65+)**. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming. **Please pay at the front desk.**



Adult Basketball Drop-in \$2 drop-in

Come and practice your basketball skills. Adults only.

Age: Adults 18 & up

Tue/Thu 12:30 – 2 p.m. Jan 3 – Mar 25

Location: Miller Gym

Special Populations



“What’s Cooking?” \$15/session

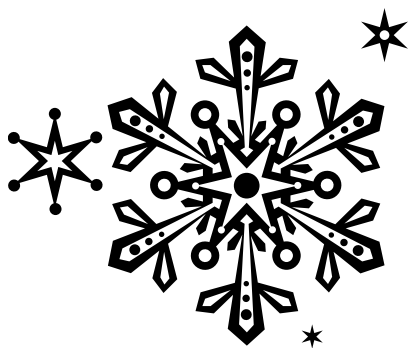
Learn the basic skills for preparing and cooking healthy meals. We will learn what’s needed to prepare a meal from beginning to end and eat our finished meal. *Please call the Special Populations Office at 206-684-4950 to register.*

Age: 18 & Up

Tuesdays 6 – 9 p.m.

Feb 13 – Mar 31

Location: Kitchen



Winter Sports/Special Olympic Program

Wednesdays 7 – 8:30 p.m.

Jan 4 – Mar 14

Location: Miller Gym



Starlight Social

Free

Seattle Parks and Recreation Specialized Programs Section holds a weekly social for Adults (18 years of age - older) at Miller Community Center. If interested, please call 206-684-4950.

Wednesdays 6:30 – 8 p.m. Jan 4 – Mar 22

Location: Multipurpose Room #1

More Information

For more Information on other programs for Youth/Adults with Disabilities, Please call the Specialized Programs Office at 206-684-4950

Central East Senior Adult Registration Information

Cheryl Brown, Recreation Specialist
206-233-7255

E-mail: cheryl.brown@seattle.gov

Winter Dates: January 3 – March 17

No classes: Jan 2, Jan 16, Feb 20

Please register: Many classes require a registration minimum or have a small number of spaces available. Classes will be cancelled one week prior to the starting date if minimum enrollment is not met.

Class Registrations: Begin now. Class times/dates/instructors are subject to change.

Please make checks payable to Senior Adult Advisory Council ('SAAC')

Mail payments to: Senior Adult Programs, Attn: Cheryl – CE, 8061 Densmore Ave N, Seattle, WA 98103-4436

More Information: For a complete list of Senior Adult Programs Citywide, please contact Senior Adult Programs at 206-684-4951 and request a brochure!



Dance, Dance, Dance! \$20

Experience many types of dance in this class designed for fun and fitness. Tap, ballroom, jazz, ballet, hip hop and more will be explored. Great for the heart and soul!

Instructor: Mary Deiderichs

Tuesdays 1:30 – 2:30 p.m.

Drop In Bridge Free

Anyone can play with this great group of bridge players happy to teach and share! Just drop in!

Fridays 1 – 3 p.m.

Korean Food & Fitness Program Free

Each program meets Tuesdays and Fridays, providing lunch; social, educational, and fitness programs; and a food bank on Fridays. The program offers an opportunity for Korean seniors to congregate and celebrate their culture and language while learning to navigate American life.

Tue/Fri 10 a.m. – 1 p.m.

Day Trippin' \$2/trip

Explore beautiful parks and trails in this fun walking program. Each hike is between 1½ and 3 miles and is followed by lunch (on your own) at a restaurant near the hike. Be prepared for wet or muddy trails with appropriate footwear. Transportation provided; **van picks up in front of Miller at 9:45 a.m.** Registration is limited so sign up early by calling 206-233-7255!

All Walks are on Tuesdays 9:45 a.m. – 3 p.m.

Tue, Jan 10 East Tiger Mountain Trail

Tue, Jan 24 Rattlesnake Ridge

Tue, Feb 7 Bridle Trails State Park

Tue, Feb 21 Mercer Slough

Tue, Mar 7 Soos Creek Trail

Gentle Yoga \$24 – 1 day/wk

Stretch out those muscles and gain strength and flexibility in this gentle yoga class for all fitness levels. Instructor: Erin Tierney

Thursdays 10 – 11 a.m..

Tai Chi \$24 – 1 day/wk

Learn slow and gentle meditative exercises that are good for stress, balance, concentration and general physical well being. **Instructor: Maik Tow**

Thursdays 10:15 – 11:30 a.m.

Senior Adult Field Trips

Tacoma Museum Triathalon \$8

Your chance to see the Tacoma Art Museum, Glass Museum, or WA State History Museum. Easy access to all museums, plenty of restaurants in the area. You will be provided a map of the area with admission fees for each museum. Lunch and admission fees on your own.

Thu, Jan 12 10 a.m. – 5 p.m. Reg. Jan. 3

For the Birds \$8

A trip to Rockport for Eagle watching with a guided walk along the Skagit River, lunch in Mount Vernon (on your own), then a search for the snow geese. Bring your camera!

Thu, Jan 19 8 a.m. – 5 p.m. Reg. Jan. 9

Cheap Thrills \$5.50

Explore the world of bargains! We'll make several stops at local bargain stores including the Goodwill Outlet Store where you can buy by the pound, and Dollar Tree, have a great cheap lunch (on your own) and a great time.

Thu, Feb 2 10 a.m. – 5 p.m. Reg. Jan. 17

From Hollywood to Europe \$5

See one of the largest collections of Hollywood memorabilia in Seattle and visit the Rick Steves Europe through the Back Door Travel Center in Edmonds. Lunch on your own in Edmonds.

Thu, Feb 9 11 a.m. – 5 p.m. Reg. Jan. 30

A Taste of Sweden and Asia \$5.50



Wander the showrooms of Ikea, check out the very reasonably-priced home decorating items, then feast on Swedish meatballs

or lutefisk! Then visit The Great Wall, an Asian outlet center.

Thu, Feb 16 10 a.m. – 5 p.m. Reg. Feb. 6

Trip Registration Information

Trip Registrations: *phone-in only*, 206-684-4240, 8 a.m. on the date listed.

Please make checks payable to SAAC and mail to: Senior Adult Programs, Attn: Central Sector, 8061 Densmore Ave N, Seattle, WA 98134-1336

Payment must be received 5 working days prior to departure.

Van Transportation for Field Trips: is available from Miller Community Center 15 minutes before trip time listed.

Woodinville Winery Tours and Tasting \$8

We will tour two of Washington State's finest wineries and gift shops plus taste some of their wines. Lunch on your own.

Thu, Feb 23 10 a.m. – 5 p.m. Reg. Feb. 13

Seattle Churches Tour \$6.50

Tour the grand churches of Seattle, St. Marks Cathedral, where we will get a pipe organ demonstration; St. James; and Mt. Zion. Somewhere in there will be lunch on Capitol Hill (on your own).

Thu, Mar 2 9:30 a.m. – 5 p.m. Reg. Feb. 21

Tulalip Casino/New Outlet Stores \$8

There's something for everyone on this trip! For those who can't get enough of the casinos...the Tulalip is the next best thing to Vegas. For those who love to shop...a brand new outlet mall has opened right next door. Choose one, or do both – a guarantee for fun!

Thu, Mar 9 10 a.m. – 5 p.m. Reg. Feb. 27

Gypsy at Bainbridge \$23

Sunday on Bainbridge Island for lunch and a play...what a great day! Especially when the play is *Gypsy*, one of the greatest musicals of all time. Price includes ferry and ticket. Lunch is on your own.

Sun, Mar 12 10 a.m. – 5 p.m. Reg. Jan. 10

Winter Quarter 2006



Monday & Wednesday

6:30 – 8:00 a.m.	Early Lap Swim/Masters Workout
11 a.m. – 2:30 p.m.	Lap Swim
11:30 – Noon	Kinder Lessons
Noon – 1:00 p.m.	Adapted Water Exercise
1:00 – 2:00 p.m.	Pool Playland
2:30 – 4:00 p.m.	Garfield Swim Team
4:00 – 5:00 p.m.	Public Swim (Shallow end only)
5:30 – 8:00 p.m.	Lap Swim
5:00 – 6:00 p.m.	Youth Lessons (6 & up)
6:00 – 6:30 p.m.	Kinder Lessons (4 – 5 years)
6:00 – 6:45 p.m.	Aqua Jogging
6:30 – 8:00 p.m.	Public Swim

Tuesday & Thursday

11 am – 2:30 p.m.	Lap Swim
11:00 – 11:30 a.m.	Parent/Tot Lesson
11:30 – Noon	3 Year Old Lesson
Noon – 1:00 p.m.	Pool Playland
2:30 – 4:00 p.m.	Garfield Swim Team
4:00 – 5:00 p.m.	Public Swim (Shallow end only)
5:00 – 6:00 p.m.	Youth Lessons (6 & up)
5:30 – 8:00 p.m.	Lap Swim
6:00 – 6:30 p.m.	Kinder Lessons/Adult Lessons
6:30 – 7:00 p.m.	3 Year old/Tot Lessons
7:00 – 8:00 p.m.	Shallow Water Exercise/ Masters Workout

Friday

6:30 – 8:00 a.m.	Early Lap Swim/Masters Workout
11 a.m. – 2:30 p.m.	Lap Swim
Noon – 1:00 p.m.	Pool Playland
2:30 – 4:00 p.m.	Garfield Swim Team
4:00 – 5:30 p.m.	Public Swim (Shallow end only)
5:30 – 6:30 p.m.	Lap Swim
5:30 – 6:15 p.m.	Aqua Jogging
6:30 – 7:15 p.m.	Diving
6:30 – 8:00 p.m.	Public Swim

Saturday

8:30 a.m. – 5:00 p.m.	Continuous Lap Swim
9:00 – 10:00 am	Water Exercise
10:00 – 11:00 am	Family Float Swim
11:00 – 11:30 am	Kinder/Tot Lessons
11:30 a.m. – Noon	Beg/Adv. Youth Lessons
12 – 12:30 p.m.	3 Year Old/Adult lessons
12:30 – 1:00 p.m.	Private lessons/special population
1:30 – 2:50 p.m.	Public Swim
3:00 – 3:30 p.m.	Youth Lessons (6 and older)
3:30 – 4:00 p.m.	Kinder Lessons (4 – 5years)
4:00 – 5:00 p.m.	Public Swim (shallow only)

Rentals

Medgar Evers pool is available for private splash parties, please contact the pool for available times and fees. 206-684-4766.

Recreational Swim Program Fees:

Under 1 year	Free
Children (1-18 years)	\$2.75
Adults (19 & Over)	\$3.75
Sr. Adults/Sp. Pop	\$2.75
Recreational swim card	\$20.00

Water Fitness Program Fees:

Water Exercise/Aqua Jog	\$4.75
Senior Water Exercise/Aqua Jog	\$3.00
Fitness swim card	\$30.00
Adult Fast Pass	\$45.00
Senior/Disabled/Youth Fast Pass	\$35.00

Dive-In Movie Schedule

Swimming fun for the whole family.
Enjoy swimming with all the lights out
while watching a family-appropriate film!
Popcorn will be sold for a dollar.
All Movies are rated PG

Fri, January 20	<i>Robots</i>
Fri, February 17	<i>Madagascar</i>
Fri, March 17	<i>Sinbad</i>
Fri, April 21	<i>Spongebob SquarePants</i>

Winter Quarter 2006

Recreational Swim Programs

***Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket only.

Lap Swim - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

Masters Workout - A swim team workout for adults. Let our swim instructors get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

Public Swim - Recreational swimming for all ages. Children who are not at least 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

Family Float Swim/Pool Playland - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

Redwood Cedar Sauna - The Sauna is available during all of our hours of operation. Children under 18, must be accompanied by parent.

Weight Training Area - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission & \$2 without

Fitness Programs

Water Exercise - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

Adapted Water Exercise - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

Deep Water Aqua Jogging - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.

Birthday & Splash Party Rentals

Medgar Evers Pool is available for your private rental. For more information, call 206-684-4766

Learn To Swim

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for a free session of swimming lessons to all 3rd and 4th graders in the City of Seattle. We at Medgar Evers are looking for parent and teacher advocates to enroll entire classes of 3rd and 4th graders in swimming lessons during school hours. We feel that this avenue offers the best service to the community and the most complete use of the Learn to swim program. If you are interested in helping to make this happen, call Tim Ewings at 684-4766.

More information is available at www.seattle.gov/parks/aquatics/learntoswim.htm

Swimming Lessons

Parent Tot Swimming Lessons (6 mos to 4 yrs): This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

Three Year Old lessons: Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

Kinder Lessons (Ages 4 & 5): Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

Beginning Youth Lessons (Ages 6 to 13): American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

Advanced Youth (Ages 6 to 13): These lessons are for advanced students who are comfortable swimming lengths of the pool, and have strong floatation and crawl-stroke skills.

Adult Lessons (Ages 13 and up): Novice through more advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention given to those adults who are aqua phobic.

How To Register For Lessons

Simply come to the pool cashier in the lobby during open hours and fill out a registration form and pay the class fee. Registration is done on a first come first served basis. New Participants: Open registration for Winter Quarter begins Monday, December 19 at Noon. ***Financial assistance for children's swimming lessons is available please contact the pool for more information.***

Community Phone Numbers

Recreation Information

Public Information 684-8020
 Compliments/Concerns .. 684-4837
 Ballfield Rainout
 Hotline 233-0055
 Environmental
 Stewardship 733-9701
 Field/Tennis Court
 Scheduling 684-4077
 Group Field/Tennis Court
 Scheduling 684-4082
 Picnic Scheduling 684-8021
 Teen Program Advocate. 684-7136
 Teen TREC Program..... 684-7097

Community Services

Chamber of Commerce... 686-3221
 Capitol Hill Neighborhood Svc Ctr
 684-4574
 Police — East Precinct . 684-4300
 Police — West Precinct. 684-8917
 Metro Transit Rider Info 553-3000

School Information

Garfield H.S. 252-2270
 Leschi 252-2950
 Lowell 252-3020
 MLK 252-2900
 Madrona 252-3100
 Meany Middle 252-2500
 Montlake 252-3300
 St. Joseph's 329-3260
 Stevens 252-3400
 T.T. Minor 252-3230
 Topps 252-3510
 Transportation 252-0900

Sports Information

Amy Yee Tennis Center .. 684-4764
 Athletic Field Scheduling
 684-4077
 Capitol Hill Soccer 675-0397
 Central Area Panthers
 Football 853-3181
 Citywide Adult Athletics.. 684-7092
 Citywide Youth Athletics . 684-7091
 Field/Tennis Court
 Scheduling 684-4077
 Garfield Little League.... 721-3534
 Montlake Little League . 853-3181

Special Programs

Senior Adult Programs
 Citywide 684-4951
 Central East 233-7255
 Special Populations
 (Youth/Adult) 684-4950

Special Interests

Aquarium 386-4320
 Asian Art Museum..... 654-3100
 Camp Long ELC* 684-7434
 Carkeek Park ELC* 684-0877
 Daybreak Star Cultural
 Arts Center..... 285-4425
 Discovery Park ELC* 386-4236
 Green Lake
 Small Craft Center .. 684-4074
 Langston Hughes
 Performing Arts Ctr.. 684-4757
 Mt. Baker Rowing
 & Sailing Center 386-1913
 Seward Park ELC* 684-4396
 Woodland Park Zoo..... 684-4800

Community Centers & Pools

Alki CC 684-7430
 Ballard CC 684-4093
 Ballard Pool..... 684-4094
 Bitter Lake CC..... 684-7524
 Colman **(Summer only)**. 684-7494
 Delridge CC..... 684-7423
 Evans Pool..... 684-4961
 Garfield CC 684-4788
 Green Lake CC..... 684-0780
 Hiawatha CC 684-7441
 High Point CC 684-7422
 Jefferson CC 684-7481
 Laurelhurst CC 684-7529
 Loyal Heights CC 684-4052
 Madison Pool 684-4979
 Magnolia CC 386-4235
 Meadowbrook CC..... 684-7522
 Meadowbrook Pool 684-4989
 Medgar Evers Pool 684-4766
Miller CC..... 684-4753
 Montlake CC 684-4736
 Mounger **(Summer only)** 684-4708
 Queen Anne CC..... 386-4240
 Queen Anne Pool 386-4282
 Rainier CC 386-1919
 Rainier Beach CC..... 386-1925
 Rainier Beach Pool 386-1944
 Ravenna-Eckstein CC 684-7534
 Sand Point CC..... 684-4946
 South Park CC 684-7451
 Southwest CC 684-7438
 Southwest Pool..... 684-7440
 Van Asselt CC 386-1921
 Yesler CC 386-1245

*ELC = Environmental Learning Center

Facility Rental Information

Miller Community Center

Rent Miller Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, and other events.

Cal Anderson Shelterhouse 1635 11th Ave

The Miller Community Center - Cal Anderson Shelterhouse is available for rent on availability. The shelterhouse is available for the community to hold meetings, activities, and small parties. Maximum capacity is 45 people.

Rates and Availability

Contact Miller Community Center Staff at 206-684-4753 for cost and availability. If neither Miller Community Center nor Cal Anderson Shelterhouse suits your needs, visit the Seattle Parks and Recreation web site at <http://www.seattle.gov/parks/reservations/Facrentalguide.htm>. There are over 20 great locations that can be rented throughout the Parks Department!

You can make a difference!

The Miller Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Miller's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Rainier Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Gina Saxby at 206-684-4753.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

Special Populations

For information about programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950 or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks.

or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.



Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Registration Form

Please fill out form completely and return with payment to:

Miller Community Center
330 19th Ave E
Seattle, WA 98112

For additional information, please call 206-684-4753

No additional confirmation will be sent; please refer to the program brochure for start date and times.

Payee Information					
Name			Relationship to Participant		
Address			City		ZIP
Home Phone			Other Phone		
Work Phone			E-mail Address		
Method of Payment					
Credit Card		Type of card	MasterCard	Visa	American Express Debit Card
Cash	Check	Credit Card Number			Expiration Date

General Waiver

Yes, the following registered participant(s) may be photographed for use in Miller Community Center publications. I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by Seattle Parks and Recreation and Miller Advisory Council, and I declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Miller Advisory Council, or any of their employees or volunteers responsible for any injuries, damage, or personal loss incurred while participating in said program(s).

Participant Registration						
Class Title	Day(s)	Time	Fee	Participant's First & Last Name	Birth Date	Sex

Complete credit card payment information or make checks payable to: **Miller Advisory Council #070**

Mail to: **Miller Community Center, 330 19th Ave E, Seattle, WA 98112**